

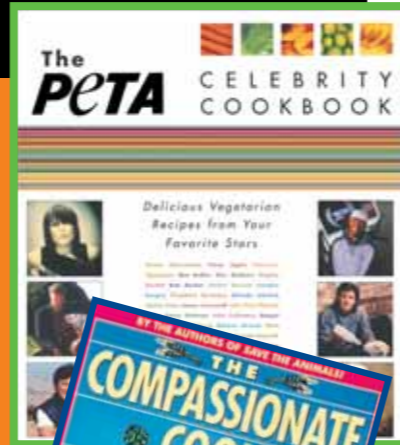
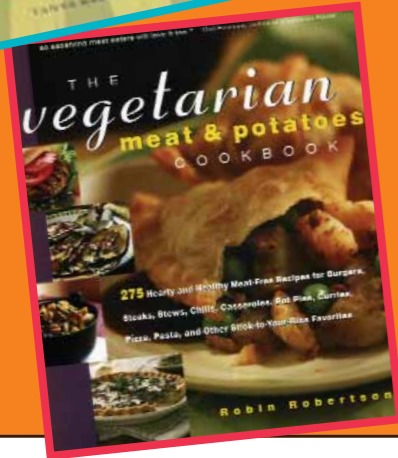
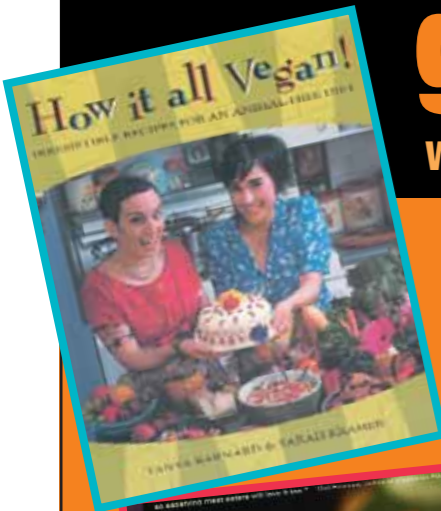
PETA

great cookbooks!

With all the great cookbooks available today,

now it's easier than ever to go vegetarian with a diet full of flavor and versatility as well as compassion.

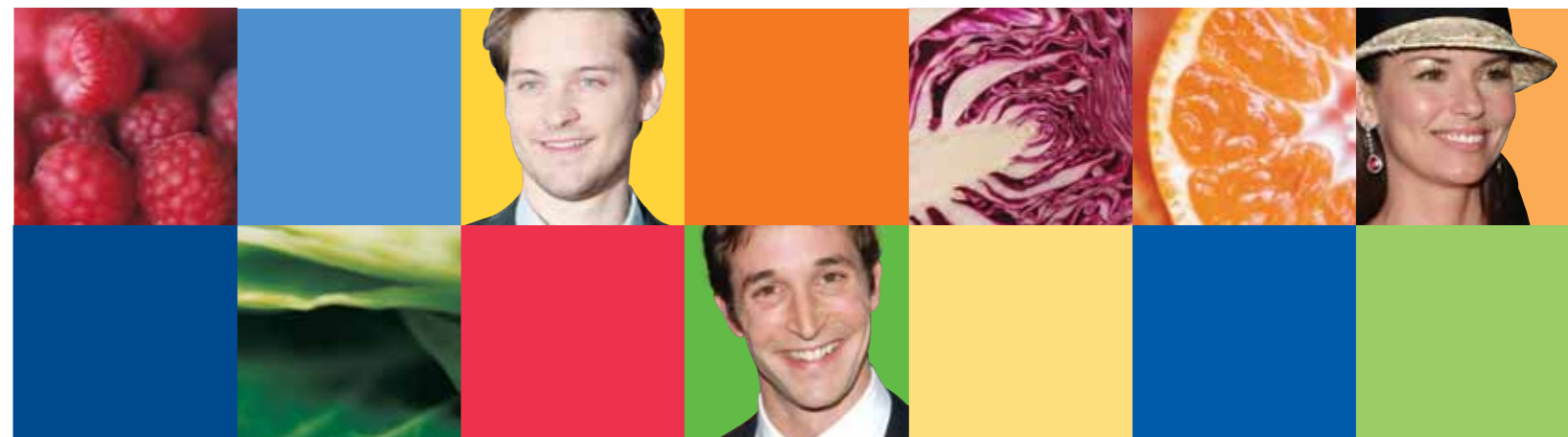
For your next mock "meatloaf," "chicken" pot pie, veggie ground tacos, chocolate tofu pie, and more, visit the Cookbook section at PETACatalog.org. Or call us toll-free at **1-800-483-4366**.



Vegetarian starter kit



Everything you need to eat right for your health, animals, and the Earth



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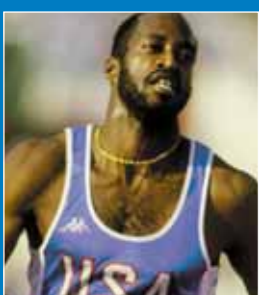
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Front cover photos: © Star Max

congratulations!

By opening this guide, you've just taken the first step toward one of the best choices you can make for yourself, animals, and the planet. The pages that follow are packed with important information, tips, and recipes to help you establish eating habits that you'll feel great about. It's easy to live and let live, and this guide will show you how. Dig in!

Try kicking sand in these vegetarians' faces!



Carl Lewis, "Olympian of the Century," Olympic medalist in track



Martina Navratilova, tennis champion



Desmond Howard, Heisman trophy winner and Super Bowl MVP



Jack LaLanne, fitness legend and media star



Ruth Heidrich, Ironman triathlete, age-group record-holder



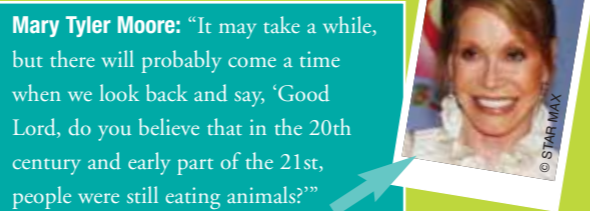
Edwin Moses, two-time Olympic Gold medalist in hurdles



Sir Paul McCartney: "If anyone wants to save the planet, all they have to do is just stop eating meat. ... It's staggering when you think about it. Vegetarianism takes care of so many things in one shot: ecology, famine, cruelty."



Josh Hartnett: "I gave up meat when I was twelve. ... One day I was cutting up a chicken for my mom, and I hit a tumor with the knife. There was [pus] and blood all over the place. That was enough for me."



Mary Tyler Moore: "It may take a while, but there will probably come a time when we look back and say, 'Good Lord, do you believe that in the 20th century and early part of the 21st, people were still eating animals?'"



Wu Tang Clan's Masta Killa: "Whatever you ate before that you loved—like turkey slices—they've got a substitute now that's not hard to find."



Casey Affleck: "Imagine living in a cage in the dark, unable to move, day after day. The suffering of today's American farm animals is almost beyond belief. They don't have a choice, but you do, and their lives depend on it."



Jane Goodall: "Thousands of people who say they 'love' animals sit down once or twice a day to enjoy the flesh of creatures who have been utterly deprived of everything that could make their lives worth living and who endured the awful suffering and the terror of the abattoirs."



Alec Baldwin: "Every time we sit down to eat, we make a choice: Please choose vegetarianism. Do it for ... animals. Do it for the environment and do it for your health."



Constance Marie: "I stopped eating meat about six years ago, when I was working on the movie *Selena*. During the shoot, I had to hold a chicken for five hours—if you hold it and feel its little heart beating for hours, you just can't think about eating it."



Russell Simmons: "Chickens raised for food today are ... covered in excrement, they're diseased, and they're drugged up with all sorts of toxins that you are ingesting if you eat chickens. One recent study found that chicken flesh in this country has four times as much arsenic—yes, arsenic, the poison (which is used in the drugs the chickens are given) as any other meat ... I have been a vegan for many years."



James Cromwell: "So-called farms today treat animals like so many boxes in a warehouse, chopping off beaks and tails and genitals with no painkillers at all, inflicting third-degree burns repeatedly by branding cows, ripping out the teeth of pigs, and just a horrible catalog of abuses that, if done to dogs or cats, would be illegal on grounds of animal cruelty."



Clint Eastwood: "I try to stick to a vegan diet—heavy on fruit, vegetables, tofu, and other soy products."



Andre 3000: When asked how he would spend his last day on Earth, Andre 3000 of OutKast replied, "I'd probably go for a great meal—some broccoli probably, because I'm a vegetarian."



Pamela Anderson: "Chickens, pigs, and other animals—they are interesting individuals with personalities and intelligence. ... What people need to understand is that if they're eating animals, they are promoting cruelty to animals."



Joaquin Phoenix: "Animal rights is a part of my everyday life. When you live by example, you create a certain level of awareness. Friends of mine, people I have never discussed animal rights or vegetarianism with, are adopting vegetarian habits because they see it."



Kim Basinger: "If you could feel or see the suffering you wouldn't think twice. Give back life. Don't eat meat."



His Holiness the Dalai Lama: "I have been particularly concerned with the sufferings of chickens for many years. It was the death of a chicken that finally strengthened my resolve to become vegetarian. ... These days, when I see a row of plucked chickens hanging in a meat shop it hurts. I find it unacceptable that violence is the basis of some of our food habits."

Eating for Life

Neal Barnard, M.D.

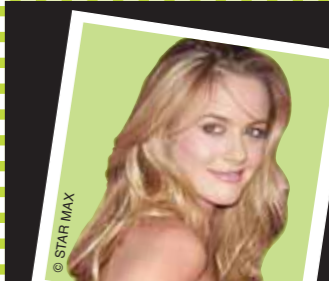
"[A] healthy vegan diet gives important advantages over a meaty diet, which is why many Olympic and professional athletes are vegetarians. ... A healthy vegan diet will give you the strength and stamina you need to leave those sluggish meat-eaters in the dust."

Benjamin Spock, M.D.

"Children who grow up getting their nutrition from plant foods rather than meats have a tremendous health advantage. They are less likely to develop weight problems, diabetes, high blood pressure, and some forms of cancer."

Michael Greger, M.D.

"Farmed animals today are sick—these are sick and diseased chickens, pigs, fish, and cows, producing diseased and bacteria-laden flesh and pus-filled milk that even industry standards call 'unhealthy.'"



Alicia Silverstone: "Since I've gone vegetarian, my body has never felt better and my taste buds have been opened up to a whole new world. It's one of the most rewarding choices I've ever made and I invite you to join me in living a healthy, cruelty-free lifestyle."

eating for life

Some people ignore dietary advice to cut back on or cut out animal products, perhaps hoping that a “magic pill” will come along that will make their illnesses go away. Common sense tells us that prevention is the best medicine. More and more people are finding wonderful ways to tempt their taste buds without tempting fate.

Eliminating animal foods from your diet reduces the risk of some of our biggest killers. According to Dr. T. Colin Campbell, nutritional researcher at Cornell University and director of the largest epidemiological study in history, “The vast majority of all cancers, cardiovascular diseases, and other forms of degenerative illness can be prevented simply

Mad cow disease has been discovered in North America, yet the chicken, pork, and beef industries put profit ahead of public safety and feed diseased animals to pigs and chickens, who are fed back to cows and to one another. When people eat infected chickens, pigs, or cows, they could develop the human variant of the disease.

by adopting a plant-based diet.” Heart disease, cancer, strokes, diabetes, osteoporosis, obesity, and other diseases have all been linked to meat and dairy consumption.

It’s never too late to change your habits for the better. Changing your diet isn’t nearly as inconvenient as enduring a heart bypass operation, suffering paralysis from a stroke, or facing chemotherapy and radiation treatments for cancer! Going vegetarian is the single best thing you can do for your health.

Chickens, pigs, cows, and fish accumulate toxic chemicals in their flesh and fat, which is why meat and dairy products are responsible for almost all the toxic residues—dioxins, pesticides, herbicides, hormones, and antibiotics—that Americans consume. In fact, 80 to 90 percent of dietary pesticide exposure, as well as 100 percent of dietary hormone and dioxin exposure, comes from eating animal products, and many of these chemicals are known to cause cancer in human beings.

• **The risk of developing heart disease among meat-eaters is 50 percent higher than that of vegetarians.** In fact, researchers have found that the longer and more often people eat meat, the greater their risk of heart disease.

QA “What do you think of meat-based diets like the Atkins diet?”

I call them “the make yourself sick diets” because they cause the body to go into ketosis—a state that occurs when we are seriously ill. I also use that designation because the very foods recommended—meat, chicken, bacon, eggs, and cheeses—are the foods the Heart Association and the Cancer Society say cause our most dreaded diseases. ... There is only one way to fully satisfy your appetite with delicious foods and stay trim and healthy for a lifetime—that’s a low-fat vegetarian diet with fruits and vegetables and a bit of exercise.

ASK THE EXPERTS:
Dr. John McDougall,
medical director of the
McDougall program



• **Meat, dairy products, and eggs are completely devoid of fiber** and complex carbohydrates, the nutrients that we’re supposed to be consuming more of, and are laden with saturated fat and cholesterol, which make us fat and lethargic in the short term and lead to clogged arteries and heart attacks in the long term.

“Vegetarians have the best diet. They have the lowest rates of coronary disease of any group

in the country ... they have a fraction of our heart attack rate, and they have only 40 percent of our cancer rate.”

—William Castelli, M.D.,
director, Framingham Heart Study,
the longest-running clinical study
in medical history

What About Protein?

In Western countries, our problem is too much protein, not too little. Most Americans get at least twice as much protein as they need. Almost everything contains protein; unless you eat nothing but junk food, it’s almost impossible to eat as many calories as you need for good health without getting enough protein. Healthy sources include whole-wheat bread, oatmeal, beans, peanuts, peas, nuts, mushrooms, and broccoli.

By contrast, too much protein, especially animal protein, can cause people to excrete calcium through their urine and increase their risk of osteoporosis. Too much protein can also strain the kidneys, leading to kidney disease.

Vegans do not need to combine foods at each meal to get “complete protein.” All grains, legumes, vegetables, nuts, and seeds provide all the essential amino acids.

QA “What’s Wrong With Milk and Eggs?”

No species naturally drinks milk beyond infancy, and no species would naturally drink the milk of a different species. Cow’s milk is designed for baby cows, who have four stomachs and gain hundreds of pounds in a matter of months, sometimes weighing more than 1,000 pounds before their second birthday.

For humans, milk has been linked to heart disease, some types of cancer, diabetes, and even osteoporosis, the very disease that the dairy industry claims it is supposed to prevent! The high animal-protein content of milk actually causes calcium to be leached from the body. According to a Harvard

Medical School analysis of the evidence, milk does not protect

35 milligrams cholesterol
149 calories
8 grams fat
5 grams saturated fat

per 1 cup serving



against osteoporosis. In fact, according to Harvard’s nutritionists, countries with low calcium intake (just 300 mg/day) tend to have a lower incidence of hip fractures (an indication of osteoporosis) than those countries with higher calcium consumption rates.

Milk is also loaded with fat and cholesterol and contains an ever-increasing variety of pesticides and antibiotics that are fed to cows. You can get all the calcium that you need from the plant world—tofu, broccoli, beans, grain, and calcium-fortified orange juice are all good sources.

QA “Isn’t fish a health food?”

Anyone who eats fish for “health” reasons should think again: The flesh of fish can accumulate toxins up to 9 million times as concentrated as those in the waters that they live in, and the flesh of some sea animals, like shrimps and scallops, contains *more* cholesterol than beef. Fish on farms are also fed antibiotics that are passed along to humans, impairing the immune system. And according to the Centers for Disease Control and Prevention, 325,000 people get sick and some die every year in the U.S. from eating contaminated fish and other sea animals.

ASK THE EXPERTS:
Dr. Neal Barnard,
author of *Foods That Fight Pain*



Serving up just one egg for breakfast each morning can raise your cholesterol level by as much as 10 points! The human body makes all the cholesterol it needs for maintaining healthy nerves and cell membranes. The consumption of additional cholesterol through animal products, the only other sources of cholesterol, subjects the human body to a potential overload, leading to clogged arteries and heart disease.

Eggs are a primary carrier of salmonella, which sickens more than a million people and kills over 500 every year in the U.S. alone.

213 milligrams cholesterol
75 calories
5 grams fat
1.6 grams saturated fat



“Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet.”

—Albert Einstein

Vegetarians and vegans live, on average, six to 10 years longer than meat-eaters.





"Isn't slaughter regulated?"



Laws specific to the transport of animals raised for food are almost non-existent. The only law regarding transit to slaughter refers to transport by train, though 95 percent of animals are moved by truck,

where they are subjected to weather extremes, overcrowding, hunger, and thirst. Every year, untold numbers of animals die from heat exhaustion or freezing to death during transport. Sometimes animals freeze to the sides of the trucks and have to be pried loose. At the slaughterhouse, animals are often skinned and dismembered while still fully conscious.



ASK THE EXPERTS:
Gail Eisnitz, author of *Slaughterhouse*

What Happens to 'Beef Cattle'?

"Beef cattle" spend most of their lives on overcrowded feedlots. Ranchers have found that they can maximize profits by giving each steer less than 20 square feet of living space—the equivalent of putting a dozen half-ton steers in a typical American bedroom! Steers undergo painful procedures like branding, castration, and dehorning without anesthetics. They often die of pneumonia, dehydration, or heat exhaustion from spending long periods without food or water in overcrowded trucks while being transported to feedlots or slaughterhouses.

meet your meat

Pigs, cows, and chickens are individuals with feelings—they experience love, happiness, loneliness, and fear, just as dogs, cats, and people do. More than 27 billion animals are killed by the meat industry each year—in ways that would horrify any compassionate person. The average American meat-eater is responsible for the abuse and death of about 90 animals per year.

The Link Between Dairy Products and Veal

Even on small family dairy farms, unwanted male calves are sold to the veal industry and raised in dark sheds. Chained by their necks inside tiny stalls

that reek of ammonia from accumulated waste, they are unable to take even one step in any direction, turn around, or lie down comfortably. Motherless and alone, they suffer from anemia, diarrhea, pneumonia, and lameness and see the light of day only on their way to slaughter.



instructed by his superiors to do nothing; he left at 1 p.m.

The stockyard operator informed Jessie that he had permission from the insurance company to kill the cow but wouldn't do it until Jessie left. Although doubtful that he would keep his word, Jessie left at 3 p.m. She returned at 4:30 p.m. and found the stockyard deserted. Three dogs were attacking the cow, who was still alive. She had suffered a number of bite wounds, and her drinking water had been removed. Jessie contacted the state police. Four officers arrived at 5:30 p.m. State trooper Jan Wuchner wanted to shoot the cow but was told that a veterinarian should kill her. The two

veterinarians at the facility would not euthanize her, claiming that in order to preserve the value of the meat, she could not be destroyed. The butcher eventually arrived at 7:30 p.m. and shot the cow. Her body was purchased for \$307.50.

When the stockyard operator was questioned by a reporter from *The Kentucky Post*, he stated, "We didn't do a damned thing to it," and referred to the attention given the cow by humane workers and police as "bullcrap." He laughed throughout the interview, saying that he found nothing wrong with the way the cow was treated.

This is not an isolated case. It is so common that animals in this condition are known in the meat industry as "downers." After PETA brought much-needed attention to this issue, the Kenton County Police Department adopted a policy requiring that all downed animals be immediately euthanized, whether they are on the farm, in transit, or at the slaughterhouse. Sadly, other law-enforcement agencies don't have such policies, and downed animals continue to suffer everywhere. It is up to the public to demand change, and it is up to consumers to refuse to purchase the products of this miserable industry.

Downed Cow

The true story of one anonymous animal born into the meat industry

The truck carrying this cow was unloaded at Walton Stockyards in Kentucky one September morning. After the other animals were removed from the truck, she was left behind, unable to move. The stockyard workers used the customary electric prods in her ear to try to get her out of the truck, then beat and kicked her in the face, ribs, and back, but still she didn't move. They tied a rope around her neck, tied the other end to a post in the ground, and drove the truck away. The cow was dragged along the floor of the truck and fell to the ground, landing with both hind legs and her pelvis broken. She remained like that until 7:30 that evening.

For the first three hours, she lay in the hot sun crying out. Periodically, when she urinated or defecated, she

used her front legs to drag herself along the gravel roadway to a clean spot. She also tried to crawl to a shaded area but couldn't move far enough. Altogether, she managed to crawl a painful 13 to 14 yards. The stockyard employees wouldn't allow her any drinking water; the only water she received was given to her by



Jessie Pierce, a local animal rights activist, who had been contacted by a woman who witnessed the incident. Jessie arrived at noon. After receiving no cooperation from stockyard workers, she called the Kenton County police. A police officer arrived but was



Down on the Dairy Farm

Most small family farms have been replaced by corporate-owned factories where cows are chained by the neck on concrete in huge sheds and treated like milk machines. To boost production, many farmers inject cows with synthetic growth hormones, which increase the cows' risk of developing mastitis, a painful infection.

Cows produce milk for the same reason that humans do: to nourish their babies. Their calves are traumatically taken from them shortly after birth. Female calves are added to the dairy herd or are slaughtered for the rennet in their stomachs (used to make cheese). When their milk production wanes after about four years, the mother cows are killed and ground up into burgers.

What Happens to Chickens?

The majority of “broiler chickens” and “laying hens” live in vast warehouses where lighting and ventilation are controlled by machines and where a system failure means mass death. To increase profits, farmers drug and genetically manipulate broiler chickens; as a result, many birds suffer from painful, crippling bone disorders and spinal defects.



painful that many chicks die of shock. Some die of starvation, when eating becomes too painful.

Every year in the laying industry, millions of newly hatched male chicks—who can't produce eggs themselves—are thrown into garbage bags or grinders to suffocate or be crushed or hacked to death.



Laying hens are confined seven or eight to a cage; their wings atrophy from disuse, and their legs and feet grow twisted and deformed from standing on slanted wire cage bottoms.

Up to 40,000 birds live in a typical broiler warehouse, 400 times more birds than can possibly establish a pecking order. In such large numbers, chickens vent their stress and frustration by pecking at each other. To reduce losses, egg farmers use hot blades to slice off chicks' beaks just hours after the birds hatch. The procedure, which requires cutting through tender tissue similar to the flesh under human fingernails, is so

What They Don't Tell You

Chickens are inquisitive and interesting animals who are thought to be as intelligent as cats, dogs, and even primates. When in their natural surroundings—away from factory farms—they form friendships and social hierarchies, recognize one another and develop pecking orders, love and care for their young, and enjoy a full life that includes dust-bathing, making nests, roosting in trees, and more.



What Happens to Pigs?

More than 100 million pigs are killed for food in the U.S. every year. Pigs on factory farms are castrated and have hunks of flesh ripped from their ears, bits of their teeth torn out with wire cutters, and their tails chopped off—all

without painkillers. Sometimes stalls are stacked, and excrement from pigs in the upper tiers falls on those below. The accumulation of filth, feces, and urine in the sheds causes more than

one-quarter of pigs to suffer from agonizing mange, and three-fourths of pigs have pneumonia by the time that they reach the slaughterhouse. Drugs and genetic breeding cause pigs to become so weak that they can barely walk, and 400,000 a year are crippled when they arrive at the slaughterhouse. Once there, workers jab metal hooks into the pigs' eyes, mouths, or rectums to force them to move faster.

Breeding pigs on factory farms are impregnated several

times during their short lives and are confined to stalls that are barely larger than their own bodies. These stalls

What They Don't Tell You

Pigs are very clean animals who take to

the mud primarily to cool off and evade flies. Pigs are more intelligent than dogs and, like dogs, are friendly and gregarious.



are so cruel to these intelligent and sociable animals that they have been outlawed in some countries and in Florida.

How About Fish?

Like other animals, fish feel pain and experience fear. Dr. Donald Broom,

animal welfare advisor to the British government, says, “Anatomically, physiologically, and biologically, the pain system in fish is virtually the same as in birds and mammals.”

When dragged from the ocean depths, fish undergo excruciating decompression—often the intense internal pressure ruptures their swimbladders, pops out their eyes, and pushes their stomachs through their mouths. Then they're tossed onboard, where many slowly suffocate or are crushed to death.

“But fish aren't like dogs or cats, are they?”

Fish are our fellow citizens with scales and fins ... I would never eat anyone I know personally. I wouldn't deliberately eat a grouper any more than I'd eat a cocker spaniel. They're so good natured, so curious. You know, fish are sensitive, they have personalities, they hurt when they're wounded.

ASK THE EXPERTS:
Sylvia Earle, Ph.D., former chief scientist, U.S. National Oceanic & Atmospheric Administration



Others are still alive when their throats and bellies are cut open.



How Does Eating Meat Harm the Planet?

Eating meat leaves behind an environmental toll that generations to come will be forced to deal with.

Resources

In the U.S., animals raised for food are fed 70 percent of the corn, wheat, and other grains we grow. The world's cattle alone consume a quantity of food equal to the caloric needs of 8.7 billion people—more than the entire human population on Earth.

Land

Of all agricultural land in the U.S., 80 percent is used to raise animals for food—that's almost half the total land mass of the lower 48 states.

Water

Nearly half of all the water consumed in the U.S. for all purposes is used to raise animals for food. It takes 2,500 gallons of water to produce a pound of meat, but only 60 gallons of water to produce a pound of wheat. A totally vegetarian diet requires 300 gallons of water



per day, while a meat-eating diet requires more than 4,000 gallons of water per day.

Pollution

Raising animals for food causes more water pollution in the U.S. than any other industry because animals raised for food produce 130 times the excrement of the entire human population—87,000 pounds per second! Much of the waste from factory farms and slaughterhouses flows into streams and rivers, contaminating water sources.

Energy

Of all raw materials and fossil fuels used in the U.S., more

than one-third is used to raise animals for food. The energy needed to produce the food that a meat-eater would burn in walking a given distance is greater than the energy needed to fuel your car to travel the same distance.

Deforestation

Each vegetarian saves an acre of trees every year! The tropical rain forests are being decimated to create grazing land for cattle. The space equivalent to seven football fields is destroyed every minute. Fifty-five square feet of rain forest may be razed to produce just one quarter-pound burger.




At Giddings/HI Giddings Images, Inc.

making the transition

Many people become vegetarian overnight, while others make the change gradually. Do what works best for you.

1 Begin by “vegging up” meals you already eat, like spaghetti with tomato sauce, soups, and salads, and by replacing the meat in favorite recipes, like lasagne, stir-fries, and chili, with beans or textured vegetable protein (TVP). Replace the beef in burritos with beans or grilled veggies. Bake stuffed peppers filled with rice pilaf or couscous (a type of quick-cooking pasta). Top baked potatoes with margarine, soy “bacon bits,” or salsa. Use crumbled tofu instead of ricotta cheese in manicotti and lasagne. Use crumbled veggie burgers instead of ground beef.

2 Check natural-food stores, as well as regular supermarkets, for instant soups and main-dish convenience items. Many canned



soup flavors that you’re probably already used to are vegetarian, like black bean, minestrone, tomato, and vegetable. Flavored rice mixes can be made into an entrée just by adding a can of beans. Experiment with vegetarian baked beans and refried beans (don’t forget to check for lard!) and different kinds of pasta. Order pizza without the cheese but loaded



Fab fakes can help you make the switch!

with vegetable toppings, like peppers, mushrooms, or even artichokes!

3 Try meat impostors—veggie burgers, “ham,” “hot dogs,” and “turkey” made out of soy and other meatless ingredients. They taste close enough to the real thing to fool any die-hard carnivore, although you might want to try several different brands before you decide which one is your favorite.

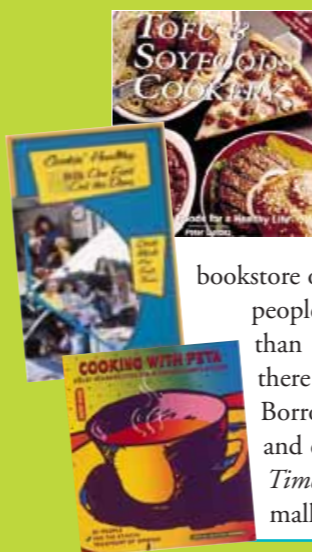
4 Visit your local health-food stores to find the best variety of vegetarian foods. Don’t be shy—you’ll find row after row of wonderful products that you never knew existed: microwave entrées with pasta and sauces, imitation-meat products that can be used in your favorite

recipes or on their own, and soy-based “cheeses,” “mayonnaise,” “sour cream,” and “milk.”

5 Explore the many vegetarian foods that have been popular in other countries for many years, like hummus (a tangy spread made from chickpeas), vegetable curries, falafel (a spicy mix of beans that can be made into patties and “meatballs”), tempeh (a popular, high-protein meat substitute), seitan (a flavorful food made from wheat that can be sliced, marinated, cubed, fried, or baked), and a host of other vegetarian items. You’ll even find desserts, cookies, candies, and

snacks that satisfy your sweet tooth without the fat and cholesterol found in animal products.

6 Make a habit of reading labels to make sure you’re buying products that are healthy



Book It!

You’ll find a wide range of vegan cookbooks at your local bookstore or library. There are books for people who don’t like to spend more than 10 minutes preparing dinner, and there are books for gourmet chefs. Borrow recipes from vegetarian friends and coworkers, subscribe to *Vegetarian Times* magazine, or order from PETA’s mall, at PETAmall.com.

and humane. Crackers may contain lard (pig fat), rice mixes may contain chicken fat, and other products include animal ingredients you’ll want to avoid, like gelatin (from animal skin, hooves, and bones). You’ll soon learn which brands are “safe,” and checking labels will become second nature.

QA “I can’t find mock meats in my small town.”

Health food stores and co-ops tend to abound in college towns and urban areas. Make monthly trips to stock up. And you may be surprised at what you find in your local supermarket. If the pickings are slim, ask for what you want! Try mail-order, too. Lumen Foods (800-256-2253) offers vegan Canadian “bacon,” “chicken” fillets, jerky, and more. Canadian readers, ABC Vegetarian Foods (800-765-6955) has meatless meats. Check the ads in vegetarian magazines, look on the Web for other sources, or consult the “Resources” section in this guide.



ASK THE EXPERTS: Carla Bennett, author of *Living in Harmony*

“I don’t have the willpower to give up hamburgers and ice cream.”

No willpower needed: Fabulous fakes will satisfy your cravings. Most large supermarkets now carry the basics, including veggie “dogs” and burgers, and health food stores stock even more—everything from soy-based sausage and savory smoked tofu to dairy-free “cheese” and “ice cream.” Not everyone’s going to like every product, so don’t give up if the first “faux” food you try doesn’t suit your taste. And if you can’t find what you’re looking for, ask. Most store managers are happy to order special products if it means keeping your business.



No willpower required—it’s all vegan!

Try These Easy Substitutes!

Instead of ...

Butter: Sauté in water, wine, or vegetable broth, use lemon as a dressing, and cook with vegetable margarines and oils.

Ice Cream: Try frozen desserts like Tofutti, Soy Delicious, fruit sorbets, and ices. You’ll never want to go back to the cholesterol and fat of ice cream.

Milk: Try chocolate, vanilla, and plain soy milk, rice milk, and almond milk. Excellent for cooking, on cereal, in coffee and hot chocolate—use them any way you’d use milk. Available in low-fat varieties, too.

Hamburger: There are a wide variety of vegetarian hamburgers. For “hamburger meat” as an ingredient, substitute crumbled veggie burgers in recipes for chili, “meat loaf,” and tacos.

Cheese: Check health food stores for soy cheese, which is great on pizza and sandwiches, as well as in sauces.

You can also make a great creamy “cheese” sauce using nutritional yeast flakes.

Eggs: Use commercial egg replacers (made mainly from potato starch) in baked goods. For breakfast, scramble tofu with onions, mushrooms, mustard, turmeric, and soy sauce.

Jello: Look for agar-agar (made without boiling cows’ hooves and pigs’ skin), or try Hain’s Super Fruits, a vegan gelatin that comes in four fruit flavors.

Check Out Your Supermarket!

• You don’t have to venture beyond the local supermarket to enjoy a vegan diet. Fruits, juices, vegetables, nuts, peanut butter, rice, corn, grains, beans, olives, and most jellies are animal-free. Many breads, crackers, cookies, pastries, cereals, soups, salad dressings, pasta sauces, margarines, and candies contain no animal ingredients as well.



“I’d be bored eating just bean sprouts!”

Who wouldn’t be? Most new vegetarians find that they really have more food choices—not fewer! For example, many add ethnic dishes like Thai and Indian curries, tofu stir-fries, and veggie casseroles to their repertoires. And thanks to mock meats, vegetarians can still enjoy all their old favorites, too. For recipe ideas, borrow or invest in a few good vegan cookbooks.

vegetarian diets for pregnancy and children

A healthy plant-based diet is the perfect solution for these vital stages of life.

Pregnant women, nursing mothers, infants, and children benefit from a vegetarian diet. All are especially sensitive to dietary dangers, so it makes extra good sense for them to avoid the fats, drugs, hormones, pesticides, and other pitfalls of meat and dairy products.

Pregnant Women

Vegan women are generally healthier than their carnivorous and dairy-consuming counterparts and are therefore already well on their way to trouble-free, easy pregnancies.

A study of 1,700 pregnancies at The Farm, a large vegan community in Tennessee, showed that vegan mothers-to-be have a record of safety that would delight obstetricians. Only one in 100 women delivered their babies by Caesarean section, and in 20 years, there was only one case of pre-eclampsia (a condition involving hypertension, fluid retention, urinary protein loss, and excessive weight gain), which occurs in at least 2 percent of all pregnancies in the U.S. Other studies have found similar results.

Special Needs During Pregnancy

All pregnant women need to consume extra protein. There's plenty to be found in plant foods such as tofu,

tempeh, beans, nuts, nut butters, and mock meats like veggie burgers and

soy sausage, and these foods don't

come with the artery-clogging cholesterol and saturated fat found in animal products.

For calcium, pregnant women should eat plenty of green leafy vegetables such as broccoli and kale.

The calcium from most green vegetables is actually more absorbable than the calcium in cow's milk. Another reason to avoid cow's milk: The protein in it can cross the placenta and even enter a woman's breast milk, possibly sparking the production of antibodies that lead to insulin-dependent diabetes. Other plant foods rich in calcium include soy milk, almonds, figs, blackstrap molasses, sesame seeds, tahini, and calcium-fortified fruit juices.

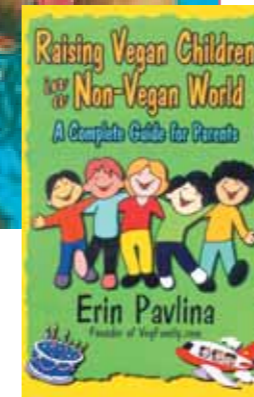
Expectant mothers also should consume plenty of iron, folic acid, and vitamins,

including D and B₁₂—all of which a well-balanced vegan diet and routine prenatal vitamins will provide.

Vegetarian Children

It's never too early to learn healthy eating habits. According to a study in *The New England Journal of Medicine*, at least 60 percent of children and young adults have early

Charlotte gets plenty of calcium from almonds, soy milk, green leafy vegetables, and fortified orange juice.



“Children who grow up getting their nutrition from plant foods rather than meats have a tremendous health advantage. They are less likely to develop weight problems, diabetes, high blood pressure, and some forms of cancer ... I no longer recommend dairy products ... [T]here was a time when cow's milk was considered very desirable. But research, along with clinical experience, has forced doctors and nutritionists to rethink this recommendation.”

Many children are subtly or violently allergic to milk proteins. Sniffles and intestinal distress

Expert Advice

All the protein and other nutrients needed for growth and health are found in plant products, so don't feel pressured by well-meaning relatives or uninformed doctors. There are excellent books written by physicians and parents that make it easy to follow good examples:

• **Dr. Attwood's Low-Fat Prescription for Kids** by Charles Attwood, M.D. (Penguin Books, 1996)

• **Dr. Spock's Baby and Child Care** (7th edition) by Benjamin Spock, M.D., and Steven J. Parker, M.D. (Pocket Books, 1998)

• **New Vegetarian Baby** by Sharon Yntema (McBooks Press, 1999)

• **Pregnancy, Children, and the Vegan Diet** by Michael Klaper, M.D. (Gentle World, Inc., 1987)

• **Vegetarian Children** by Sharon Yntema (McBooks Press, 1995)

• **The Vegetarian Mother and Baby** by Rose Elliot (Pantheon Books, 1997)

• **Vegetarian Pregnancy** by Sharon Yntema (McBooks Press, 1994)

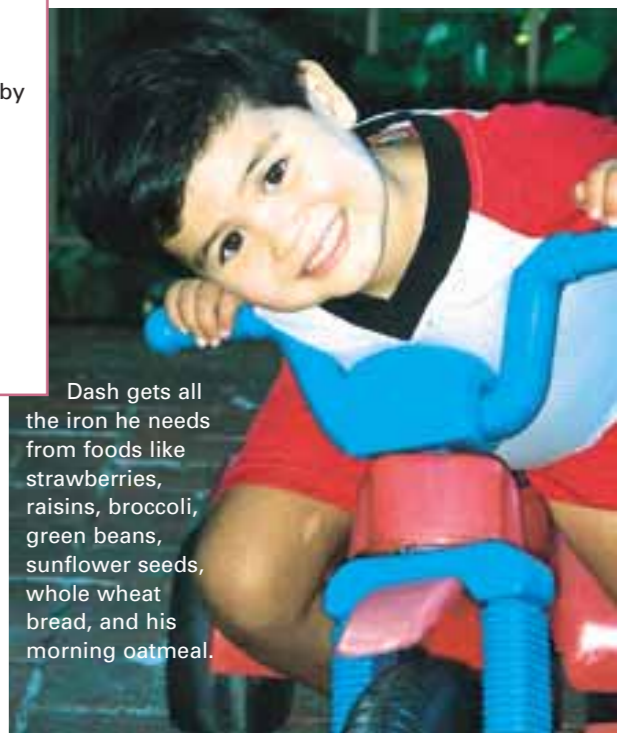
dismissed as colds and colic can actually be signs of lactose intolerance.

Pediatricians often find that chronic ear infections and

Children who eat more than 12 hot dogs per month are nine times more likely to develop childhood leukemia than vegetarian kids, according to a University of Southern California study.

respiratory problems are aggravated when milk is part of a child's diet. Drinking milk has also been linked to asthma and intestinal bleeding and is suspected of triggering juvenile diabetes, a disease that causes blindness and other serious effects. Some children's bodies reject cow's milk protein as a foreign substance and produce high levels of antibodies to fend off this “invader.” Unfortunately, these antibodies also destroy the cells that produce insulin in the pancreas, leading to diabetes.

Children can get all the calcium they need from plant foods like broccoli, chickpeas, almonds, black beans, tahini, dried figs, collards, kale, cornbread, tofu, and fortified soy milk and orange juice—without the risk of developing serious health problems that could plague them for a lifetime.



Dash gets all the iron he needs from foods like strawberries, raisins, broccoli, green beans, sunflower seeds, whole wheat bread, and his morning oatmeal.

Q **“Don't kids need milk to be healthy?”**

Humans are the only creatures that drink milk from the mother of another species. It's as unnatural for a child to drink the milk of a cow as it is for a dog to nurse from a giraffe! Human children have no nutritional requirements for cow's milk and grow up healthy and strong without it. Cow's milk (and the products made from it) is laced with foreign, frequently allergy-inciting, bovine protein and often contains hydrocarbon pesticides and other chemical contaminants, as well as health-endangering saturated fat. Clinical experience suggests that cow's milk is linked to numerous common health problems (runny noses, allergies, ear infections, recurrent bronchitis, asthma, etc.) that often keep people returning to their doctors' offices, instead of to their jobs or classrooms. Parents should feel good about giving their children the many nutritious, tasty, nondairy alternatives instead.

ASK THE EXPERTS:
Michael Klaper, M.D., nutritional expert and author of *Pregnancy, Children, and the Vegan Diet*

“Well-planned vegan ... diets are appropriate for all stages of the lifecycle, including during pregnancy, lactation, infancy, childhood, and adolescence.”

—The American Dietetic Association's position paper on vegetarianism

raising vegan kids

by Kathy Snow Guillermo

When my daughter, Jilly, was a baby, she never had colic, ear infections, flu, or any serious illness. My son, Dash, is now following her example. My friends think I'm just lucky, but the truth is in what my kids eat. When you get rid of meat, dairy products, and eggs, good health is almost sure to follow.

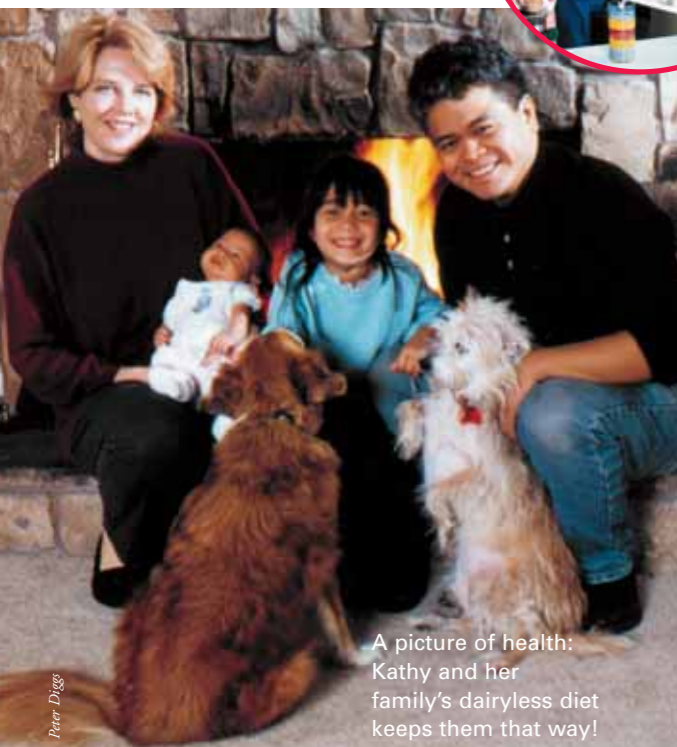
My decision to raise vegan children scandalized my family. "They'll be sickly and scrawny," they warned. In fact, I've given my kids a better start in life than the majority of children. But I confess I had moments of doubt in the beginning. True, I'd been a vegetarian for years. But weren't children different? The list of adult illnesses stemming from a meat- and dairy-based diet reads like a *Who's Who* of modern-day killers—heart disease, cancer, high blood

pressure, stroke. But what about babies? The answer shocked me. Drinking milk has been linked to asthma, allergies, intestinal bleeding, and even juvenile diabetes! That clinched it!

My pediatrician was skeptical at first. (When my daughter began eating solid food, my doctor had said, "Mix the meat with fruit to disguise it. Babies don't like meat. It tastes dead to them.") However, the consulting nutritionist confirmed what I'd already learned: Kids not only don't need any animal products, they're much better off without them! She gave me confidence and some easy instructions. Here's what I found:

- Breast-fed babies are happier and healthier than formula-fed infants. Most babies who suffer from the endless crying and the discomfort of colic are fed dairy-based formula. I passed along protection from illness in my breast milk, and since I'm vegan, I *didn't* pass along pesticides, which collect in animals' muscle and fatty tissue. I even lowered the chances of SIDS—Sudden Infant Death Syndrome—which is more likely to strike formula-fed infants.

- If you don't breast-feed, soy-based formula is easier on babies' digestive systems

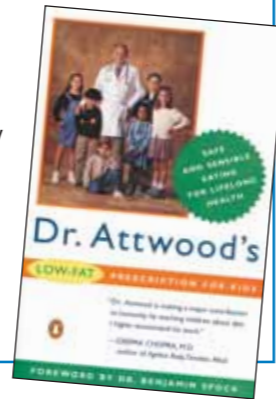


A picture of health: Kathy and her family's dairyless diet keeps them that way!

QA "How do kids do on a vegan diet long-term?"

[C]hildren on a diet of mostly vegetables, fruits, grains, and legumes, when consuming adequate calories, not only grow normally, but have actually been shown to attain greater height than meat-eating children.

ASK THE EXPERTS:
Dr. Charles Attwood, pediatrician



than cow's milk and is available in powder and liquid form.

- My children have never had a problem with protein, calcium, or iron. Most kids and adults eat too much protein, and because they get it from animal products, they get a whopping dose of artery-clogging fat with it. Too much protein actually causes the body to lose calcium, so drinking cow's milk is one of the least effective ways to strengthen bones.

Every day, my kids prove me right. My daughter is now 6 years old. She is tall and strong and athletic. She was playing soccer by 18 months and taking dance class at 3. She has never had bronchitis or strep throat. Her little brother is gaining weight at a rate that astounds his doctors.

There are other benefits, too. My daughter is old enough now to understand that a hamburger was once a cow and that a drumstick came from a chicken. She feels good about doing her part to stop cruelty to animals.

Soy formula is far easier on babies' digestive systems than cow's milk.

Wheat gluten, seitan, tempeh. These names might sound foreign to you, but meat substitutes are nothing new. The Chinese were freezing tofu to make it meat-like more than 1,000 years ago, and Japanese Buddhist monks were making mock "goose" back in the 15th century. The earliest meat replacers in the West, made from nuts and wheat gluten, were developed by John Harvey Kellogg of Cornflakes fame. Meat substitutes gained wide popularity in the 1940s as a penny-pinching alternative during wartime, became a big hit with "flower children" in the '60s, and are earning a permanent place in the cupboards of today's health-conscious consumers

new foods

It tastes like milk or meat, but what exactly is it? Here's a quick rundown:

Textured Vegetable Protein® (TVP®)

TVP* (a registered trademark of the Archer Daniels Midland Company) is what's left over after the oil has been extracted from soybeans. TVP is used to make all sorts of meat analogs, from veggie burgers to "chicken" nuggets. It comes in a variety of forms: flavored and unflavored, minced and in chunks, and it's quick-cooking. TVP is actually higher in protein than most meat; it's also fat-free, has far fewer calories, and is much cheaper! Available in health-

food stores, it adds a meaty texture to tacos, chili, and spaghetti sauce.

Tofu

Also called "bean curd," tofu is a culinary chameleon. It has a bland taste on its own but readily picks up flavors of the other food and the seasonings you cook it with. Found in the produce section or refrigerated case in health-food stores and many supermarkets, tofu is high in protein, vitamins, calcium, and other minerals and is cholesterol-free. The firm style is best as a meat replacer, especially when marinated, baked, or stir-fried. For an extra chewy, meaty texture, tofu can be frozen, then thawed. Soft tofu can be blended to make creamy dressings, puddings, and dips.

Wheat Gluten

Yes, it sounds odd, but wheat gluten (the protein part of the flour) really does taste like meat! Gluten can be made from scratch (by kneading dough in a bowl of water until all the starch and bran are removed),

but quick-and-easy instant gluten flour and ready-made seitan are available in many stores. Naturally low in fat, seitan can be roasted, baked, or broiled like meat or sliced thinly to make super-healthy sandwiches—add lettuce and tomato for an "SLT" or brown gravy for hot "roast beef."

Tempeh

A chewy, meatlike food made from fermented soybeans. It has a nutty, tangy taste and can be used in almost any recipe that calls for meat.

Substitutes for Eggs

Egg replacers, available in health-food stores and some supermarkets, work just as well as the real thing—or try substituting 1 heaping tablespoonful of soy flour or cornstarch plus 2 tablespoonfuls of water for each egg in a baked product. One ounce of mashed tofu can replace an egg used for binding.

Nondairy 'Dairy' Products

Nondairy soy milks or rice milks can be used in place of cow's milk on cereal, in baked goods and sauces, and even in "milkshakes." Many varieties are fortified with calcium and other nutrients, and some are low-fat. Soy-based cheeses such as Vegan Rella Mexican and Italian styles are terrific on pizzas or grilled "cheese" sandwiches. For an easy lunch, try topping a bagel with Tofutti Better Than Cream Cheese, or grab a cup of White Wave's Dairyless Soy Yogurt. When the urge for ice cream hits, reach for a pint of Tofutti, Rice Dream, or Sweet Nothings frozen desserts. Other dairy-free desserts include Tropical Source candy bars and Imagine pudding snacks.



recipes for life

It's easy once you know how. Here are recipes, tips, and ideas to get you started.

Going vegetarian is fun! To help you get started, PETA staffers have compiled some of their favorite recipes.

Breakfast

Eating breakfast out? Try a **bowl of grits or oatmeal, hashbrowns, a bagel or toast with jelly, or a fruit cup.** Take along your own dairy-free margarine or a cream cheese substitute. For breakfast at home, try these ideas:

- Fry up some sliced boiled potatoes and onions for **homemade home fries.** Serve with **soy bacon** or **sausage.**
- Surf the Web for vegan recipes for **French toast, Spanish omelettes,** and even **crêpes.**

Photos: Steve Lee, Home Economist; Siân Davies



- Try a **toasted bagel with Tofutti brand Better Than Cream Cheese.**
- You can find **vegan cereal** anywhere—just serve it with soy or rice milk instead of cow's milk!
- Check packages of **pancake and waffle mixes**—many are vegan—just add soy milk and/or egg replacer.
- Some **Kellogg's Pop Tarts** (without icing) are vegan, as are **Pepperidge Farm's apple and cherry turnovers.**
- Eggs are cholesterol bombs, so try **scrambling tofu** instead.

Breakfast Scramble

- 1 Tbsp. vegetable oil
- ½ lb. sausage substitute, such as Gimme Lean, crumbled
- ½ onion, diced
- 2 cloves garlic, minced
- 1 lb. firm tofu, drained and crumbled
- 1 tomato, diced
- 1 tsp. turmeric
- ½ tsp. garlic salt
- 2 green onions, minced

Heat the oil in a skillet. Add the sausage substitute, onion, and garlic and fry until browned. Add the tofu, tomato, turmeric, and garlic salt and sauté for 5 minutes. Add green onions during the last minute of cooking.

Makes 4 servings



Lunch or Dinner

Dining out for lunch or dinner is a snap. Most restaurants serve at least one vegetarian meal, and many will adapt an entrée for you. Look for salads, baked potatoes, rice or pasta dishes with vegetables or a meat-free tomato sauce, Thai and Indian curries, bean burritos, falafel, and pizza with lots of vegetables but no cheese. You may even find a veggie burger on the menu!

Crunchy Vegetable Wraps

- 4 Tbsp. nondairy cream cheese (try Tofutti brand)
- 4 10-inch flour tortillas
- 1 cup shredded spinach
- ¼ cup alfalfa sprouts
- ½ cup shredded red cabbage
- ½ cup sliced avocado
- ¼ cup chopped tomatoes
- ½ cup diced cucumbers
- 2 Tbsp. finely diced red onion
- Salt and pepper, to taste

Spread 1 tablespoon of cream cheese over each tortilla. Sprinkle an even amount of the remaining ingredients on each wrap and roll up.

Makes 4 servings



Fried 'Chicken'

- 1 tsp. salt
- ½ tsp. onion powder
- 1 tsp. pepper
- 1 tsp. garlic powder
- 2 cups unbleached white flour
- 4 Tbsp. nutritional yeast (optional)
- 3 Tbsp. yellow mustard
- ½ cup water
- 2 Tbsp. baking powder

- 1 lb. mock chicken (try Worthington Chic-Ketts or White Wave wheat meat)
- 3½ cups vegetable oil

Mix together the salt, onion powder, pepper, garlic powder, flour, and nutritional yeast in a deep bowl. In a separate bowl, dilute the mustard with ½ cup water. Add ⅓ cup of the flour mixture to the mustard mixture and stir. Add the baking powder to the dry flour mixture and mix.

Dip chunks of the mock chicken into the mustard batter, then drop each chunk into the flour mixture and coat with the desired amount of "crust." Fry the chunks in hot oil on medium-high heat in a large skillet or deep fryer until crispy and golden brown, turning as needed.

Makes 4 servings

Baked Potato Soup

- 2 large baking potatoes
- 3 Tbsp. margarine
- 1 large white onion, finely diced
- 2 Tbsp. flour
- 4 cups vegetable or vegetarian chicken-flavored stock
- 2 cups water
- 4 Tbsp. cornstarch
- 1½ cups instant mashed potatoes
- 1 tsp. salt
- ¾ tsp. pepper
- ½ tsp. basil
- ¼ tsp. thyme
- 1 cup liquid nondairy creamer or plain soy or rice milk



Fake bacon bits, shredded soy cheese, and chopped green onions

Bake the potatoes at 400°F for 1 hour. Allow to cool.

Melt the margarine in a large saucepan and sauté the onion until translucent. Add the flour and stir to make a roux. Add the stock, water, cornstarch, instant mashed potatoes, and spices and bring to a boil. Reduce the heat and simmer for 5 minutes.

Cut the cooled potatoes in half and scoop out the contents. Discard the skins. Chop the potatoes into bite-size chunks and add them, along with the soy or rice milk or nondairy creamer, to the saucepan. Bring to a boil, then reduce the heat and simmer for 15 minutes, until thickened.

Spoon the soup into bowls and garnish with fake bacon bits, soy cheese, and green onions, if desired.

Makes 6 servings

Appetizers

Appetizers can be as simple as chips and dip or as elegant as a vegetarian pâté. Here are some ideas for quick and easy hors d'oeuvres.

- Whip up a seven-layer Mexican dip using refried beans, black olives, salsa, shredded soy cheese, Tofutti sour cream, sliced green onions, and jalapeños.
- Veganize that old standby, pigs in a blanket, using tofu hot dogs wrapped in puff pastry.
- Shake 'n Bake bite-size pieces of mock chicken or tofu and serve with toothpicks.
- For a fancy delicacy, serve fish-free vegan caviar. Looks just like the real thing! (Order from PETAMall.com.)

Spinach Lasagne

- ½ lb. lasagne noodles
- 2 10-oz. packages frozen chopped spinach, thawed and drained
- 1 lb. soft tofu
- 1 lb. firm tofu
- 1 Tbsp. sugar
- ¼ cup soy milk
- ½ tsp. garlic powder
- 2 Tbsp. lemon juice
- 3 tsp. minced fresh basil
- 2 tsp. salt
- 4 cups tomato sauce

Cook the lasagne noodles according to the package directions. Drain and set aside.

Preheat the oven to 350°F.

Squeeze the spinach as dry as possible and set aside.

Place the tofu, sugar, soy milk, garlic powder, lemon juice, basil, and salt in a food processor or blender and blend until smooth. Stir in the spinach.

Cover the bottom of a 9-inch-by-13-



inch baking dish with a thin layer of tomato sauce, then a layer of noodles (use about one-third of the noodles). Follow with half of the tofu filling. Continue in the same order, using half of the remaining tomato sauce and noodles and all of the remaining tofu filling. End with the remaining noodles, covered by the remaining tomato sauce. Bake for 25 to 30 minutes.

Makes 6 to 8 servings

Creamy Potato Salad

- 6 medium potatoes
- ½ cup eggless mayonnaise (try Nayonaise or Veganise)
- 4 Tbsp. yellow mustard
- 2 Tbsp. distilled white vinegar
- ½ onion, chopped
- ½ cup chopped celery
- Salt and pepper, to taste
- Paprika (optional)

Cut the potatoes into cubes and cook in boiling water for 20 minutes. Drain and let cool completely. In a large bowl, combine the potatoes with the remaining ingredients. Sprinkle paprika on top, if desired.

Makes 4 to 6 servings



Sweet-and-Sour 'Meatballs'

- 1 lb. ground beef substitute (try Lightlife Gimme Lean)
- ½ green pepper, finely chopped
- 1 small onion, finely chopped
- 1-2 cloves garlic, crushed
- 2 slices white bread
- Egg replacer, equivalent to 2 eggs
- Salt and pepper, to taste
- Oil, for frying
- 6 oz. chili sauce
- 5 oz. red currant jelly

Combine all the ingredients, except the oil, chili sauce, and jelly, in a bowl and stir until well mixed. Heat



the oil in a skillet, using enough to coat the bottom of the pan. Form the "beef" mixture into 1-inch balls and fry in the oil until browned.

Meanwhile, place the chili sauce and jelly in a saucepan. Heat and stir until smooth. When the mock meatballs are finished cooking, add them to the sauce and stir to coat well. Simmer over low heat for 5 to 10 minutes.

Makes approximately 20 1-inch balls

Enchilada Bake

- 1 12-oz. bag Morningstar Farms burger crumbles (or your favorite brand)
- 1 packet taco seasoning
- 2 Tbsp. vegetable oil
- ½ cup minced scallions
- 2 Tbsp. all-purpose flour
- 1 cup vegetable stock
- 2 cans pinto beans, drained
- 2 cans enchilada sauce
- 12 corn tortillas
- 1 bag shredded cheddar soy cheese
- 1 4.5-oz. can diced green chilies
- 1 bag Fritos, crushed

In a bowl, mix the burger crumbles with the taco seasoning and toss to coat. Set aside.

Heat the oil in a skillet over medium heat. Add the scallions and cook about 3 minutes or until softened. Stir in the flour and cook 1 minute. Add the stock and cook, stirring, to achieve a smooth consistency, about 1 minute longer. Add the pinto beans and set aside.

Preheat the oven to 375°F.

Spray a 9-inch-by-13-inch baking pan with oil. Cover the bottom of the pan with a layer of enchilada sauce. Layer in 4 corn tortillas and all of the pinto bean mixture. Follow with part of the soy cheese and green chilies, more enchilada sauce, and 4 more tortillas. Add the burger crumbles mixture, more soy cheese, more green chilies, and more enchilada sauce. End with the remaining 4 tortillas, enchilada



sauce, and soy cheese. Cover with foil and bake for 30 minutes. Remove the foil, top the entire casserole with crumbled Fritos, and bake another 10 to 15 minutes, until bubbly and browned.

Makes 9 servings



Quick and Easy Snacks

- Microwave tortillas and fill with canned refried beans, salsa, guacamole, and corn for easy burritos.
- Zap a veggie burger in the microwave. Put it on a bun with your favorite condiments and toppings.
- Heat sliced veggie dogs and canned vegetarian-style baked beans in the microwave for fast "franks and beans."
- Make an easy pasta salad by mixing cooked spiral pasta with chopped broccoli, carrots, green pepper, corn, red onion, and your favorite vinaigrette.

Shepherd's Pie

- 4 medium potatoes, diced**
- 2 Tbsp. margarine**
- ½ cup soy milk or liquid nondairy creamer**
- Salt and pepper, to taste**
- 1 12-oz. bag Morningstar Farms burger crumbles (or your favorite brand)**
- 1 can vegetarian mushroom gravy**
- 1 small can mixed peas and carrots, drained**
- Salt, garlic powder, pepper, and cayenne pepper, to taste**

Preheat the oven to 350°F.

Boil the potatoes for 20 minutes, or until tender. Drain and mash with the margarine and soy milk or nondairy



Pizza Toppings

Pizza toppings are limited only by your imagination! Here are some quick ideas:

- Chop up whatever veggies are on hand and drizzle some olive oil or crushed tomatoes over them.
- Try new ideas for toppings like crumbled tofu, sun-dried tomatoes, beans, spinach, or even corn.
- Add different sauces like pesto or red pepper and garlic purée.
- Get creative with fake meats—top with veggie burger crumbles, veggie bacon, or veggie pepperoni.
- Try nutritional yeast or soy parmesan for a traditional cheesy taste.
- For a Mexican pizza, try refried beans, tomatoes, soy cheese, and salsa.

creamer. Add salt and pepper, to taste. In a medium bowl, mix the crumbles, mushroom gravy, peas, carrots, and spices. Pour into a pie pan. Top with the potatoes, spreading the potatoes to the edges of the pan. Bake for 30 to 40 minutes, until the potatoes are browned.

Makes 4 servings

Ziti With Sun-Dried Tomato Cream

(Recipe adapted from Robin Robertson's *366 Simply Delicious Dairy-Free Recipes*)

- 1 lb. ziti**
- 1 cup chopped oil-marinated sun-dried tomatoes**
- 1 cup firm silken tofu, drained and crumbled**
- 3 cloves garlic, chopped**
- 4 Tbsp. chopped fresh basil or 1 Tbsp. dried basil**
- 2 Tbsp. balsamic vinegar**
- 1 tsp. salt**
- ¼ tsp. pepper**
- 2 Tbsp. olive oil**
- 1 small can marinated artichokes, drained and chopped**



- 2 Tbsp. minced fresh parsley**
- Soy Parmesan (optional)**

Cook the ziti *al dente*. Meanwhile, in a food processor, combine the tomatoes, tofu, garlic, basil, vinegar, salt, pepper, and olive oil. Process to a smooth consistency. Drain the pasta and toss with the sauce and artichokes. Sprinkle with the parsley and soy Parmesan, if desired.

Makes 4 servings



Sandwiches

Sandwich fillings can be just about anything you have on hand:

- Stuff a baguette with lettuce, tomato, and veggie bologna or turkey and nondairy cheese slices.
- Dress up a bagel with tofu cream cheese with olives or veggie salami.
- Fill a pita with faux tuna or chicken salad. Try Worthington's Tuno or Chic-Ketts products mixed with vegan mayo and celery.
- Make a grilled cheese sandwich with soy cheese instead of dairy cheese.

Dessert

Baking is easy with vegan egg replacer (available in supermarkets and health food stores). Use soy milk in place of milk in your favorite desserts.

Chocolate Mousse

- 1¼ lbs. silken tofu**
- ¾ cup semisweet chocolate chips, melted**

In a blender, purée the tofu to a smooth paste. Add the melted chocolate and blend thoroughly. Pour the mousse into six individual dessert bowls and chill.

Makes 6 servings

Strawberry Mango Crisp

Fruit Mixture:

- 4 cups quartered strawberries**
- 2 cups mango, diced**
- 4 Tbsp. sugar**
- 4 Tbsp. flour**

Topping:

- 1 cup flour**
- ½ cup rolled oats**
- 1 cup brown sugar**
- ½ cup (1 stick) margarine**

Preheat the oven to 400°F.

Mix the ingredients for the fruit mixture together in a large bowl. Spread evenly into a 2-quart casserole dish. Set aside. Mix the dry ingredients for the topping together in a medium bowl. Cut in the margarine until the mixture resembles

small peas. Spread the topping evenly over the fruit mixture. Bake for 35 to 45 minutes, until bubbly. Serve warm with nondairy "ice cream."

Makes 6 servings



when you're away from home

An easy way to try new foods is to go to restaurants that offer a variety of vegetarian entrées. Eating Chinese? Try the bean curd (tofu) dishes, or ask for vegetable fried rice (without eggs) and garlic eggplant. Going Italian? Try marinara, arabiata, or garlic and oil over spinach fettuccine. Having Mexican? Order bean burritos, tacos, and tamales minus the cheese (make sure there's no lard in the beans), or make a hearty meal out of refried beans mixed with Spanish rice and served with fresh tortillas, salsa,



and guacamole. In Indian restaurants, you'll find fabulous vegetable curries, lentil soup, potato-filled samosas, and other delights. Japanese, Ethiopian, Middle Eastern, Thai, and other ethnic restaurants also offer delicious vegan items.



If you're stuck at a behind-the-times restaurant without much vegan variety, ask if the chef can whip up a vegetarian entrée.

Most restaurants will gladly accommodate special requests, and you'll be surprised at the creativity of some chefs!

If you're attending a catered affair, discreetly catch the server before your food has arrived and ask him or her to remove the meat from your plate and add an extra vegetable to it.

When dining at someone else's house, let your hosts know in advance that you're a

vegetarian. Offer to bring a veggie dish to share.

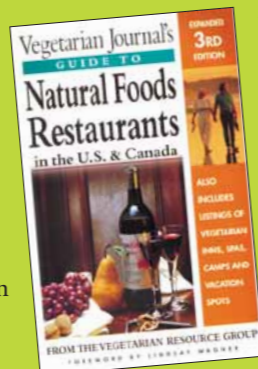
Traveling? Don't forget to let travel agents know about your vegetarian preferences in advance. Airlines will provide you with a vegan meal that will put standard airline fare to shame. Be sure to order at least 24 hours in advance, either through your travel agent or the airline's reservation line.

QA "Where can I eat when I'm on the road?"

Bean burritos, tacos, and baked potato bars are sprouting up all over. The Hard Rock Café, Denny's, Ruby Tuesday's, and Burger King boast briskly selling veggie burgers on their menus. In response to demand, baseball parks across the country are offering veggie burgers and dogs to sports fans.



ASK THE EXPERTS: Carla Bennett, author of *Living in Harmony*



Keep this great guide in your glove compartment or take it with you when you're traveling and enjoy great veggie food wherever you go. Or check out www.VegDining.com for restaurant info in your area.

resources

Food

Lumen Foods
409 Scott St.
Lake Charles, LA 70601
1-800-256-2253
www.soybean.com
Variety of fake meats.

Mail Order Catalog
P.O. Box 180
Summertown, TN 38483
1-800-695-2241
www.healthy-eating.com
Textured vegetable protein, nutritional yeast, instant gluten flour, and soy milk powder.

May Wah Healthy Vegetarian Food, Inc.
213 Hester St.
New York, NY 10013
212-334-4428
212-334-4423 (fax)
www.vegieworld.com
Delicious vegan faux fish and other faux meats.

Pangea
7829 Woodmont Ave.
Bethesda, MD 20814
301-652-3181
www.VeganStore.com
Vegan chocolate, gelatin, cookies, cheese, and more.

Worthington Foods
900 Proprietors Rd.
Worthington, OH 43085
1-800-243-1810
Variety of faux meat products, including fake tuna ("Tuno"), a PETA favorite.

www.HappyCow.net
Provides a worldwide listing of vegetarian restaurants.

www.NoMeat.com
Provides online ordering of vegan substitutes for meat, dairy products, and eggs.

www.VegDining.com
Provides a worldwide listing of vegetarian restaurants.

Recommended Reading

Books

Animal Factories
Jim Mason and Peter Singer

Animal Liberation
Peter Singer

The Compassionate Cook
PETA and Ingrid E. Newkirk

Diet for a New America
John Robbins

Food for Life
Neal Barnard, M.D.

The Food Revolution
John Robbins

Healthy Eating for Life for Women
Neal Barnard, M.D.

The Power of Your Plate: A Plan for Better Living
Neal Barnard, M.D.

Slaughterhouse: The Shocking Story of Greed, Neglect, and Inhumane Treatment Inside the U.S. Meat Industry
Gail Eisnitz

Vegan: The New Ethics of Eating
Erik Marcus

The Vegetarian Way: Total Health for You and Your Family
Virginia Messina and Mark Messina

Magazines

Vegetarian Times
1-877-717-8923
www.vegetariantimes.com
Available on newsstands, this magazine is a great source of information and recipes.

VegNews Magazine
415-665-NEWS
To receive a free sample issue, go to <http://vegnews.com/sample.html>. Available through subscription, this magazine focuses on the vegetarian way of life and includes up-to-date information on living a compassionate, healthy lifestyle.



Organizations

Earthsave International
P.O. Box 96
New York, NY 10108

1-800-362-3648
www.Earthsave.org
Sponsors local chapters and promotes plant-based eating with a variety of programs.

People for the Ethical Treatment of Animals
Check out our vegan Web sites GoVeg.com and DumpDairy.com. Send \$16 for a one-year membership.

Physicians Committee for Responsible Medicine
5100 Wisconsin Ave. N.W.
Ste. #404
Washington, DC 20016
202-686-2210
PCRM.org
Provides information on preventive health care and healthy vegan diets.

Vegetarian Resource Group
P.O. Box 1463
Baltimore, MD 21203
410-366-8343
www.vrg.org
Provides information on planning a vegetarian diet, books, guides to vegetarian camps, and much more.

Vegan Outreach
211 Indian Dr.
Pittsburgh, PA 15238
412-968-0268
www.veganoutreach.org
Provides information on vegan nutrition and cooking, as well as resources for vegan advocacy.

www.VegSource.com
Offers online support groups, advice, articles, and recipes.



Fire Up the Grill!

Don't give up backyard barbecues just because you're not eating meat. There are lots of frozen "burgers" and "hot dogs" made from soy products that taste just like the real (dead) thing. Top burgers off with creative condiments such as salsa, guacamole, tahini dressing, and hummus. Baste vegetable shish kebabs with Italian dressing or a teriyaki marinade, grill until veggies are slightly blackened, and voilà!—a delicious summertime treat. Enjoy fresh fruit, like watermelon, for dessert.